



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE  
CHILD AND ADULT CARE FOOD PROGRAM  
**MENU – USDA REQUIREMENTS**

NAME OF CENTER/FACILITY Advanced Eat Smart Center #4

WEEK OF Week 1

YEAR 2012

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Peach Oatmeal	Strawberry 'n Yogurt Waffles			
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 4x fresh F/V</b>	Peaches- canned, unsweetened	Strawberries- fresh	Banana- fresh	Apples- fresh	Blueberries- fresh
Grains/Bread Component <b>5x Whole Grain, 0x sweet</b>	Oatmeal (WG)	Whole Wheat Waffle (WG)	Whole Wheat Bagel (WG)	Whole Wheat Toast (WG)	Whole Grain Rice Chex cereal (WG)
Other Foods <b>3x Meat/Meat Alternate</b>		Yogurt; **no syrup**	Cheese Cubes	Scrambled Eggs	
<b>LUNCH</b>	Vegetarian Pita Pocket	Tacos	Grilled Steak (CN)	Chicken Stir Fry	Chicken and Cheese Soup (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables <b>3x fresh</b>	Broccoli- frozen	Black Beans- canned	Brussels Sprouts- frozen	Stir Fry Veggies- frozen	Corn- canned
	Oranges- fresh	Plums- fresh	Pineapple- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Apples- fresh
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Pita (WG)	Whole Grain Taco Shells (WG)	Whole Wheat Dinner Roll (WG)	Asian Noodles	Whole Wheat Dinner Roll (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Black Beans, Cheddar Cheese	Ground Beef, Cheddar Cheese	Flat Iron Steak (CN)	Chicken	Chicken, Cheese
Other Foods					
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>			Fruit and Yogurt Cone		Banana Pops
Fluid Milk	Skim Milk				Skim Milk
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>		Carrots- fresh	Blueberries- fresh		Banana
Grains/Bread Component <b>3x Whole Grain, 1x sweet</b>	Whole Grain Rice Cakes (WG)	Wheat Thins (WG)	Waffle Cone	Whole Grain Tortilla Chips (WG) (sweet)	Graham Crackers
Meat or Meat Alternate <b>4x Meat/Meat Alternate</b>		Hummus	Yogurt	Cheese Cubes	Peanut Butter
Other Foods					



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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Cinnamon Toast	Peanut Butter Pancakes			
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 3x fresh F/V</b>	Applesauce- unsweetened	Peaches- canned, unsweetened	Banana- fresh	Apple Slices- fresh	Strawberries- fresh
Grains/Bread Component <b>5x Whole Grain, 0x sweet</b>	Whole Wheat Toast (WG)	Whole Wheat Pancakes (WG)	Whole Grain Life cereal (WG)	Whole Wheat Bagel (WG)	Whole Wheat English Muffin (WG)
Other Foods <b>4x Meat/Meat Alternate</b>	String Cheese; Cinnamon	Peanut Butter; **no syrup**		Yogurt	Hardboiled Egg
<b>LUNCH</b>	Cheeseburger Pizza (HM)	Indonesian Pork Roast	Baked Chicken Tenders (HM)	Sloppy Joes (HM)	White Chili (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Mixed Vegetables- canned	Green Beans- canned	Peas- canned	Broccoli- frozen	Asparagus- fresh
<b>3x fresh</b>	Pears- canned, unsweetened	Pears- canned, unsweetened	Oranges- fresh	Pineapple- canned, unsweetened	Grapes- fresh
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Pizza Crust (WG)	Brown Rice (WG)	Stuffing	Whole Wheat Hamburger Bun (WG)	Whole Wheat Dinner Roll (WG)
Meat or Meat Alternate <b>0x highly processed</b>	Ground Beef, Mozzarella Cheese	Pork Roast	Baked Chicken	Ground Beef	Chicken
Other Foods				Manwich Sauce	Great Northern Beans
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>	Ants on a Log			Fruit Kabobs	Yogurt Sandwich
Fluid Milk	Skim Milk				
Juice, Fruit, or Vegetable <b>4x whole fruits/vegetable</b>	Celery- fresh; Raisins- dried	Blueberries- fresh	Grapes- fresh	Strawberries, Grapes, Banana, Oranges- fresh	
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>		Whole Wheat Goldfish Crackers (WG)	Wheat Thins (WG)		Graham Crackers
Meat or Meat Alternate <b>4x Meat/Meat Alternate</b>	Peanut Butter		Hummus	Colby Jack Cheese	Yogurt
Other Foods					

MO 580-1463 (6-04)

\*Sweet Snack includes sweet items and grain-based snack chips/croissants

\*\*WG = whole grain

\*\*\*HM = home made

CACFP-218



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>	Raspberry Oatmeal	Parfait			Ham Muffin
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 2x fresh F/V</b>	Raspberries- frozen, unsweetened	Blueberries- fresh	Banana- fresh	Mandarin oranges- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component <b>5x Whole Grain, 1x sweet</b>	Oatmeal (WG)	Granola (WG) (sweet)	Kix cereal (WG)	Whole Wheat Toast (WG)	Whole Wheat English Muffins (WG)
Other Foods <b>3x Meat/Meat Alternate</b>		Yogurt		Scrambled Eggs	Ham
<b>LUNCH</b>	Baked Potato Bar	Baked Shrimp	BBQ Ribs (CN)	Grilled Chicken Wrap	Ham and Beans
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Broccoli- frozen	Veggie Blend- frozen	Corn on the Cob- frozen	Baby Carrots- fresh	Great Northern Beans- canned
<b>5x fresh</b>	Apples- fresh	Oranges- fresh	Watermelon- fresh	Pineapple- canned, unsweetened	Kiwi- fresh
Grains/Bread Component <b>3x Whole Grain</b>	Whole Wheat Dinner Roll (WG)	Wild Rice	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Cornbread
Meat or Meat Alternate <b>1x highly processed</b>	Chicken, Ham, Cheddar Cheese	Baked Shrimp	Pork Spare Ribs (CN)	Grilled Chicken	Ham
Other Foods	Baked Potato- fresh		Baked Beans	Lettuce, Tomato	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>	Mini Egg Salad Sandwich (HM)		Peanut Butter Balls		Turkey Apple Wrap
Fluid Milk			Skim Milk		
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>		Tomato Soup- canned		Strawberries- fresh	Apple Slices- fresh
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Whole Wheat Hamburger Buns (WG)	Wheat Thins (WG)	Cheerios cereal (WG)		Whole Wheat Tortilla (WG)
Meat or Meat Alternate <b>4x Meat/Meat Alternate</b>	Eggs		Peanut Butter	Cheese Cubes	Turkey Breast
Other Foods					

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>			Pumpkin Pancakes	Cinnamon Toast	Blueberry Oatmeal
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable <b>5x whole, 3x fresh F/V</b>	Peaches- canned, unsweetened	Strawberries- fresh	Banana- fresh	Applesauce- unsweetened	Blueberries- fresh
Grains/Bread Component <b>5x Whole Grain, 0x sweet</b>	Cheerios cereal (WG)	Whole Wheat Bagel (WG)	Whole Wheat Pumpkin Pancakes (WG)	Whole Wheat Toast (WG)	Oatmeal (WG)
Other Foods <b>3x Meat/Meat Alternate</b>		Scrambled Eggs	Yogurt; **no syrup**	String Cheese; Cinnamon	
<b>LUNCH</b>	Chicken Salad in a Pita (HM)	Meatloaf (HM)	Bratwurst	Pot Roast	Seafood Bisque
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Cucumbers- fresh	Green Beans- canned	Green Beans- canned	Potatoes- fresh	Broccoli- frozen
<b>5x fresh</b>	Oranges- fresh	Mashed Potatoes- dried	Baked Apples- fresh	Carrots- fresh	Pineapple- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Pita Bread (WG)	Whole Wheat Dinner Roll (WG)	Hot Dog Bun	Whole Wheat Dinner Roll (WG)	Whole Wheat Dinner Roll (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Chicken	Ground Beef	Bratwurst	Beef Pot Roast	Scallops, Shrimp
Other Foods	Grapes		Sauerkraut	Celery	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>	Banana in a Blanket	Cool Veggie Pizza		Healthy Banana Split	Potato Pancakes with Applesauce
Fluid Milk	Skim Milk				Skim Milk
Juice, Fruit, or Vegetable <b>5x whole fruits/vegetable</b>	Banana	Mixed Vegetables- fresh	Apples- fresh	Banana	Applesauce- unsweetened
Grains/Bread Component <b>4x Whole Grain, 1x sweet</b>	Whole Wheat Tortilla (WG)	Whole Grain Pizza Crust (WG)		Granola (WG) (sweet)	Whole Wheat Pancake Mix (WG)
Meat or Meat Alternate <b>4x Meat/Meat Alternate</b>	Peanut Butter	Cheddar Cheese	Peanut Butter	Yogurt	
Other Foods					Potatoes- fresh